



## SCORCHING HEAT AND EXTREME TEMPERATURE FORECASTS

**Soccer Pointe-Claire** outlines the procedures to be followed during extreme heat to ensure the health and safety of all players, team personnel and league officials. The club follows the recommendations of Lac St-Louis as well as Soccer Quebec for teams in their leagues ([Soccer Quebec leagues](#) and [LSL leagues](#)).

Soccer Pointe-Claire's planned measures for extreme temperatures for its own leagues and programs are listed below. For games, these measures must be taken by the referee. They must be communicated to the coaches of both teams concerned before the start of the match and must be applied consistently for the entire duration of the match.

### Less than 30° C

- No special measures to be taken

### Between 30° C and 39° C

- Two water breaks (halfway through each half)
- Intensity of training to be adjusted as temperature increases
- Increased water breaks during training

### 40° C and higher

- Reduce time of each half, for games, as per table below or cancel/postpone match/training
- Four water breaks (two per half)

Age	Level	Type	Usual duration	40° C and higher
U4 to U8	Micro	Training		Sessions cancelled
U7 to U8	Pre-CDC	Training		Sessions cancelled
U9 to U12	CDC and Recreational	Training		Sessions cancelled
U9 to U12	CDC	Games		As per LSL instructions
U09 to U12	Youth Recreational	Games		Sessions cancelled
U13-U18	LDIR1/LDIR/LDR/Locale	Games		As per LSL instructions
U14-U17	LDP	Games		As per SQ instructions
Senior	SEN Rec and SEN Comp	Games		As per LSL instructions
Senior House League	LOGS, LOOGS, Champagne	Games	2*40 minutes	2*35 minutes
Senior House League	F7v7 Rec	Games	2*30 minutes	2*25 minutes

